



# Osteoporosis Resource Guide

Texas Department of Health

# OSTEOPOROSIS RESOURCE GUIDE

This resource guide, developed by the Texas Department of Health, is designed to provide you with important information about osteoporosis. The source of much of the information in the guide is from the National Osteoporosis Foundation. Other sources include the National Institutes of Health, Osteoporosis and Related Bone Diseases~National Resource Center and the American Academy of Orthopaedic Surgeons.

If you need additional information, the Texas Department of Health maintains a toll-free hotline and a Web site for consumers who are seeking details about osteoporosis prevention, detection and treatment.

**(512) 458-7534 or (800) 242-3399**

**[www.tdh.state.tx.us/osp/osteo](http://www.tdh.state.tx.us/osp/osteo)**



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# What Is Osteoporosis?

Osteoporosis is a disease in which bones become weak and are more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These fractured bones occur typically in the hip, spine and wrist.

***Millions of  
Americans  
are at risk.***

Any bone can be affected, but fractures of the hip and spine are of special concern. A hip fracture almost always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause long-term or permanent disability or even death.

Spinal or vertebral fractures also have serious results, including loss of height, severe back pain and deformity.

Millions of Americans are at risk. While women are four times more likely to develop the disease, men also suffer from osteoporosis.

The good news is that this debilitating disease can be prevented and treated.

## Bone Formation and Osteoporosis

Bone is living tissue that changes throughout life. This process of change is known as remodeling and occurs in two stages, resorption and formation. During resorption, old bone tissue is broken down and



removed. Afterward, during formation, new bone tissue is laid down to replace the old tissue that was removed. During childhood and adolescence, bone is formed at a faster pace than it is removed. This continues until peak bone mass is reached, usually by age 30-35. Of course, an individual's peak bone mass will be less than optimal unless he or she obtains enough calcium and Vitamin D throughout this early period of life.

After the age of 30, bones typically lose tissue faster than it is replaced. This is particularly true for women after menopause, when estrogen production is sharply reduced. Estrogen is a hormone produced by the ovaries that has been shown to have a protective effect on bone. Menopause usually occurs between ages 45 and 55, and after menopause, bone loss in women greatly exceeds that in men. Women can lose up to 20 percent of their bone mass in the five to seven years following menopause.

Osteoporosis develops when bone loss occurs too quickly or replacement occurs too slowly. Preventive measures can be taken to avoid excessive bone loss.

## Fast Facts About Osteoporosis

- Eight million American women and 2 million American men have osteoporosis. Millions more have low bone density.
- Almost 2 million Texans have osteoporosis or low bone density.
- One in two women and one in eight men over age 50 will have an osteoporosis-related fracture in their lifetime.
- Osteoporosis is often called “the silent disease” because bone loss occurs without symptoms. People may not know they have osteoporosis until their bones become so weak that a sudden bump or fall causes a fracture.
- Americans spend \$14 billion each year on medical and long-term care for osteoporosis and related fractures.
- Texans spend \$800 million per year on health care costs associated with osteoporosis.
- While osteoporosis is often thought of as an older person's disease, it can strike at any age.

**Osteoporosis =  
“porous bones”  
or thin bones.**

# Risk Factors at a Glance

- The strongest link to osteoporosis is menopause.

## Other Risks

- **Certain medications or medical conditions –**
  - Steroid therapy
  - Estrogen deficiency
  - Excess thyroid hormone
- Age
- Gender
- Family history and personal history of fractures as an adult
- Race/Ethnicity
- Bone structure
- Body weight
- Being thin or small-boned
- Menopause/menstrual history
- A previous broken bone that might have been caused by osteoporosis
- Drinking too much alcohol
- Not getting enough exercise
- Not getting enough calcium or Vitamin D throughout life
- Smoking



# Risk Factor Details

**Menopause.** One of the biggest changes brought on by menopause is the change it produces in women's bone strength and mass. Because your body produces less of the hormone estrogen, which is important to bone strength, your bones gradually lose mass. When this loss is severe, it can cause them to become weak and fragile.

Bone is lost quickly in the 10 years after estrogen levels fall. Women who do not take medication can lose 3 percent to 5 percent of their bone mass in each of the five years following menopause. By age 70, bones can weigh 30 percent to 50 percent less than at menopause.

**Steroid Therapy.** Steroid drugs, such as hydrocortisone, prednisone, methylprednisolone and dexamethasone, have powerful anti-inflammatory properties. Doctors use them to treat asthma, rheumatoid arthritis, lupus and various other illnesses. Unfortunately, long-term steroid therapy also carries the risk of osteoporosis.

A study in the November 1999 issue of the American Journal of Medicine (AJM) reports that only about one-half of the people taking steroids on a long-term basis receive treatment to prevent bone loss. But long-term steroid therapy can cause osteoporosis at any age, and it speeds up natural bone loss in the elderly. Normally, bone rejuvenates or regrows over time with an equal exchange of old cells and minerals for new ones.

Steroids upset this balance by decreasing the rate of cell replacement and increasing removal, or resorption. The AJM article reports that the amount of bone loss depends on the dose and length of therapy. Food and supplements rich in calcium and Vitamin D help, but not enough to entirely prevent bone loss. Patients on long-term steroid therapy should ask their doctors about osteoporosis.



**Excessive Thyroid Hormone.** People who suffer from hypothyroidism do not produce enough thyroid hormone. Doctors often prescribe thyroid hormone for these patients to make up for what the body is not making naturally. In the past, blood tests were used to determine how much thyroid hormone should be prescribed, but the tests did not determine whether the dose was too high. As a result, many people were receiving more thyroid hormone than needed. Too much thyroid hormone can significantly increase bone loss.

Today, there is a test available for anyone taking thyroid hormone. It is known as a TSH test, and it reveals whether the dosage of thyroid hormone is appropriate. If you are taking thyroid hormone, ask your doctor about having this test done. That way you can be assured you are receiving an appropriate dose of thyroid hormone and decreasing your risk of significant bone loss caused by this therapy.

**Age.** The older you are, the greater your risk of osteoporosis. Your bones become weaker and less dense as you age.

**Gender.** Your chances of developing osteoporosis are greater if you are a woman. Women are four times more likely than men to develop osteoporosis. This is because women generally have smaller, thinner bones, have less bone tissue and lose bone more rapidly than men because of the changes involved in menopause.

**Family History and Personal History of Fractures as an Adult.** Being at risk for a fracture may be, in part, hereditary. Young women whose mothers have a history of spine fractures also seem to have reduced bone mass. A personal history of a fracture as an adult also increases your fracture risk as you age.

**Race/Ethnicity.** Caucasian and Asian women are more likely to develop osteoporosis. However, African-American and Hispanic women are also at risk for developing the disease.

**Bone Structure and Body Weight.** Small-boned and thin women (less than 127 pounds) are at greater risk.

**Menopause/Menstrual History.** Normal or early menopause (brought about naturally or because of surgery) increases your risk of developing osteoporosis. In addition, women who stop menstruating before menopause because of conditions such as anorexia or bulimia, or because of excessive physical exercise, may also lose bone tissue and develop osteoporosis at higher rates.

# Steps to Prevention

- **Give your body the calcium it needs.**

**The Role of Calcium.** Your body needs calcium every day for life-sustaining functions, such as blood-clotting and regulating your heartbeat, as well as for maintaining a healthy skeleton. When your diet does not provide enough calcium for these functions, your body takes what it needs from your bones. Over time, this drain can weaken bones to the point where they break easily.

**Calcium Supplements.** If you have trouble getting enough calcium in your diet, you may need to take a calcium supplement. The amount of calcium you will need from a supplement depends on how much calcium you obtain from food sources. There are several calcium compounds from which to choose, including calcium carbonate and calcium citrate.

It is necessary for the calcium tablet to break down in order to be absorbed by the body. If you are unsure whether a tablet will break down, you can test how well it dissolves by placing it in 6

**It is possible  
to prevent  
osteoporosis.**

**This is a lifelong job.  
It is never too early and  
never too late to start.**

CALCIUM INTAKE RECOMMENDATIONS	
Age	Recommended Calcium Intake (mg/day)
Birth – 6 months .....	400
6 months – 1 year.....	600
1-10 .....	800-1200
11-24 .....	1200-1500
25-50 .....	1000
51-64 (women on ERT* and men).....	1000
51+ (women not on ERT*).....	1500
65 or older .....	1500
Pregnant or lactating women.....	1200-1500
*Estrogen replacement therapy	

ounces of vinegar and warm water, stirring occasionally, for 30 minutes. If the tablet has not almost completely dissolved in this time, it probably will not do so in your stomach.

Calcium supplements usually work best when taken in small doses throughout the day, with food.

**Calcium Culprits.** Too much protein and salt may cause your body to lose calcium. Excessive amounts of these substances should be avoided, especially in those who have low calcium intake. Beware that lactose intolerance can also lead to inadequate calcium intake.

Recommended daily amounts of calcium, from diet or vitamin supplements, are shown in the National Institutes of Health table on Page 10.

- **Obtain Vitamin D daily.**

**Vitamin D is needed for the body to absorb calcium.** The recommended daily intake is 400 IU. You can safely get Vitamin D in two ways: through the skin and from your diet. Vitamin D is formed naturally in the body after exposure to sunlight; 15-20 minutes of sunshine daily is desirable. In addition, you can meet your body's Vitamin D requirements by eating foods rich in Vitamin D, such as egg yolk, saltwater fish and liver; consuming Vitamin D-fortified foods, such as cereal and milk; or taking a daily multivitamin.



- **Exercise regularly.**

**Like muscle, bone is living tissue that responds to exercise by becoming stronger.** Young women and men who exercise regularly generally achieve greater peak bone mass (maximum bone density and strength) than those who do not. Women have until age 30-35 to reach peak bone mass. After that time, you may begin to lose bone. However, you can help prevent bone loss with regular exercise. Weight-bearing exercises such as walking, climbing stairs, lifting weights, jogging, aerobics and tennis are the best ways to strengthen bones.

Exercises such as swimming and bicycle riding are not considered weight-bearing, because some of your body weight is supported by the water or bicycle. However, swimming and cycling can strengthen muscles that support bones, and in combination with weight-bearing exercise, they add to a well-rounded exercise program.

If you have osteoporosis, it is important to talk with your doctor to learn which activities are safe for you. If you have low bone mass, experts recommend that you protect the spine by avoiding exercises or activities that flex, bend or twist the spine. Furthermore, you should avoid high-impact exercise, such as jumping rope, in order to lower the risk of breaking a bone. You also might want to consult with an exercise specialist to learn the best exercise program for you. An exercise specialist should have a degree in exercise physiology, physical education, physical therapy or a similar specialty. Be sure to ask if he or she is familiar with the special needs of people with osteoporosis.

Here are some ways to fit exercise into your workday:

- Schedule more walking into your day. Get off the bus a stop or two early, or park your car at the far end of the parking lot, or even a block or two away. Take a 15- or 20-minute walk during your lunch break.
- Take the stairs instead of the elevator.
- Take advantage of any exercise facilities provided by your employer. Exercise during your lunch break or before or after work.

Exercising with co-workers can add motivation and fun to your fitness routine. Invite your department to join in an exercise program in which everyone can participate.

- **Limit your alcohol intake.**

**Alcohol can slow down bone building.** Drinking an alcoholic beverage on occasion does not put you at risk for osteoporosis. However, there is a connection between drinking too much and osteoporosis. Drinking alcohol is basically the same as consuming empty calories. Alcohol has no nutritional value, and it curtails the consumption of foods that supply important vitamins and minerals, including calcium. It is suspected that



**Most people reach  
their peak levels of  
bone mass between  
ages 30 and 35.**

alcohol is actually a poison to the bones, specifically osteoblasts, which are the cells that create new bone.

- **Don't smoke.**

**Tobacco Use and Bone Density.** Cigarette smoking was first identified as a risk factor for osteoporosis more than 20 years ago. Studies have demonstrated a direct relationship between tobacco use and decreased bone density. Significant bone loss has been found in postmenopausal women and older men with long-term smoking exposure. In addition, a relationship between cigarette smoking and low bone density in adolescence and early adulthood has been identified.

The lifestyle of smokers also poses a risk for osteoporosis. For example, smokers are often thinner than their nonsmoking counterparts. Smokers also tend to have a higher consumption of alcohol, may be less physically active, often have nutritional deficiencies and tend to reach menopause earlier than nonsmokers. These characteristics place many smokers at an increased risk for osteoporosis apart from their tobacco consumption.

**Cigarette Smoking and Estrogen.** Importantly, research also has concluded that while estrogen replacement protects women from fracture, this protective effect is not seen in women on estrogen replacement therapy who smoke. Postmenopausal smokers have lower estrogen levels than nonsmokers. This reduction in estrogen is likely to result in an increase in bone loss, contributing to osteoporosis and fracture risk. On a positive note, researchers have discovered that smoking cessation, even later in life, may help limit smoking-related bone loss.



# Fall Prevention

It is common sense for everyone to make the home and work environment safer. However, people with osteoporosis should take a special interest in fall prevention, because fractures are a serious concern for them.

## Fall Prevention at Work

It is always important to maintain a safe working area, especially if you are at risk for a fracture. Here are some tips on how to prevent falls by fall-proofing your work area:

- Use mats with skid-proof backing on uncarpeted floors.
- Make sure electrical wires and computer cords are safely out of the way.
- Keep floors in your area uncluttered.
- Mop up spills immediately.
- Make sure ladders, step stools and other equipment are sturdy and in good working order.

**Much of the following information on fall prevention was obtained from *The Osteoporosis Handbook: Every Woman's Guide to Prevention and Treatment*, Third Edition (Bonnick, 2000).**

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## Bathroom Safety

- Install safety or “grab” bars in the shower or bathtub. Make sure bars are properly installed or they may be useless.
- Place a nonskid rubber mat or strips on the floor of the tub to improve traction.
- Remember that using bath oils may cause the tub to become very slippery. Apply oils and lotions after bathing. Water softeners may also make the tub slippery.
- You may also want to consider purchasing a bath chair or bath bench. These are especially helpful for people who have difficulty sitting down or standing up in the tub or who have difficulty standing for the length of the shower.

## **Nighttime Safety**

- Leave a night light on at bedtime.
- Before going to bed, make sure all pathways are clear of objects.
- Keep a flashlight with fresh batteries beside your bed.

## **Kitchen Safety**

- Clean up spills immediately.
- Beware of slippery floors after mopping or waxing.
- Keep frequently used items in easy-to-reach places so that stepladder use is kept to a minimum.

## **Safety Around the House**

- Beware of the hazards of area rugs. Tripping on the corner of rugs is a common problem. Also, small area rugs often slip out of place. You may wish to install rubberized grippers on the bottom of the rug or on the floor underneath it.
- Handrails should be placed at all staircases in and outside the house.
- Cracks in the floors or sidewalks should be patched.
- Entryways should remain well-lighted.
- Use at least 100-watt bulbs in your home.
- Add ceiling fixtures to rooms lighted by lamps only, or use a lamp that is activated by a switch near the entry point into the room. Another option is to install voice- or sound-activated lamps.
- Avoid wearing house shoes with platform-style soles or with fabric soles. These increase the risk of slipping.
- Only wear house shoes and slippers that have soles with gripping action.



## Outdoor Safety Tips

- If sidewalks look slippery, walk on the grass for better traction.
- Many floors in public buildings are made of highly polished marble or tile that can be slippery. When these surfaces are wet, they become slick and dangerous. If floors have plastic or carpet runners, stay on them whenever possible.

## Other Concerns

- Vision problems often cause falls. Any suspicion of nearsightedness, farsightedness or cataracts should not go unattended.
- Know if you are taking medications that may cause dizziness and difficulty standing or walking.
- Muscle weakness, poor agility and poor coordination can also lead to falls. Fortunately, these problems can be reduced with exercise no matter what your age.

# Diagnosis

## Bone Mineral Density Testing

### How Is Osteoporosis Diagnosed?

The diagnosis of osteoporosis is usually made by your doctor using a combination of a complete medical history and physical examination, skeletal X-rays, bone densitometry and specialized laboratory tests. If your doctor finds low bone mass, he or she may want to perform additional tests to rule out the possibility of other diseases that can cause bone loss, including osteomalacia (a Vitamin D deficiency) and hyperparathyroidism (overactivity of the parathyroid glands).

Bone densitometry is a safe, painless X-ray technique that compares your bone density to the peak bone density that someone of your gender and ethnicity should have reached at about age 30-35, when bone density is at its highest.

The technique is often performed in women at the time of menopause. Several types of bone densitometry are used to detect bone loss in different areas of the body. Your doctor can determine which method would be best suited for you.

#### What happens during a bone mineral density (BMD) test?

- A BMD test is a special low-dose X-ray and is often referred to as a DEXA test. Ultrasound technology is also available for screening purposes.
- There is very little risk involved with any BMD test. (Be sure to tell your health care provider if you are pregnant.)
- You may simply lie, fully clothed, on a table or place your arm inside a machine. Testing usually takes 5-20 minutes.
- Other tips:
  - Dress comfortably; don't wear metal buttons, buckles or zippers.
  - Follow instructions about not taking certain medications or pills before your test.

### Bone Mass Measurement

The only sure way to determine bone density and fracture risk for osteoporosis is to have a bone mass measurement, also called bone mineral density (BMD) test. A BMD test measures bone mineral content. The greater the bone mineral content, the stronger or more dense the bone is. If you have low bone density, you may be at risk for fractures. The test also can be used to show the rate of bone mineral loss in those not receiving treatment, and the rate of bone mineral gain in people being treated. There are several ways to measure bone mineral density; all

are painless, noninvasive and safe and are becoming more readily available.

The tests measure bone density in your spine, hip and/or wrist, the most common sites of fractures due to osteoporosis. Recently, bone mineral density tests have been approved by the Food and Drug Administration that measure bone density in the middle finger and the heel or shinbone. Your bone density is compared to two standards, or norms, known as “age-matched” and “young-normal.” The “age-matched” reading compares your bone density to what is expected in someone of your age, gender and size. The “young-normal” reading compares your density to the optimal peak bone density of a healthy young adult of the same gender.

A bone mineral density test helps your doctor determine whether you are at risk for a fracture. In general, the lower your bone density, the higher your risk for a fracture. Test results will help you and your doctor decide the best course of action for your bone health.

### **Who Should Be Tested?**

If you have risk factors for osteoporosis, ask your doctor about a bone mineral density test. The National Osteoporosis Foundation recommends BMD testing for:

1. All postmenopausal women under age 65 who have one or more risk factors (besides menopause).
2. All women aged 65 and older, regardless of other risk factors.
3. Postmenopausal women who have a fracture.
4. Women who are considering therapy for osteoporosis, if BMD testing would help with the decision.
5. Women who have been on hormone replacement therapy for prolonged periods.

### **Types of BMD Tests**

There are several different machines that measure bone density. Central machines measure density in the hip, spine and total body. Peripheral machines measure density in the finger, wrist, kneecap, shinbone and heel. The most common bone mineral density test (also considered to

be the most accurate) is a DEXA (Dual Energy X-ray Absorptiometry) test. This painless test is similar to having an X-ray. A miniature X-ray of the spine or hip is taken along with a measurement of bone mineral content. People who are at risk of osteoporosis, as well as those who have thin bones or evidence of spinal fractures, should be tested for osteoporosis.

- DEXA (Dual Energy X-ray Absorptiometry) measures the spine, hip or total body.
- pDEXA (Peripheral Dual Energy X-ray Absorptiometry) measures the wrist, heel or finger.
- SXA (Single Energy X-ray Absorptiometry) measures the wrist or heel.
- QUS (Quantitative Ultrasound) uses sound waves to measure density at the heel, shinbone and kneecap.
- QCT (Quantitative Computed Tomography) is most commonly used to measure the spine but can also be used at other sites.
- pQCT (Peripheral Quantitative Computed Tomography) measures the wrist.
- RA (Radiographic Absorptiometry) uses an X-ray of the hand and a small metal wedge to calculate bone density.
- DPA (Dual Photon Absorptiometry) measures the spine, hip or total body (used infrequently).
- SPA (Single Photon Absorptiometry) measures the wrist (used infrequently).

A BMD test is simple, safe, noninvasive and painless. In most cases, you don't even need to undress. Tests can take anywhere from 30 seconds to five minutes and require no special preparation, medication or injection.

BMD tests are more sensitive than ordinary X-rays and can detect bone loss at an earlier stage. Normal X-rays are not sensitive enough to detect bone loss until at least 30 percent of bone mass has been lost. X-rays are used to rule out other bone or arthritic conditions. Thin bones may be detected on an X-ray, but bone mineral density testing is more accurate.

# Treatment of Osteoporosis

Although there is no cure for osteoporosis, there are steps you can take to slow or stop its progress. Adequate calcium, Vitamin D, weight-bearing exercise and, in some cases, medication are important for maintaining bone health. Currently, estrogens, alendronate, risedronate and raloxifene are approved by the Food and Drug Administration for the prevention and treatment of postmenopausal osteoporosis. Calcitonin is approved for treatment only.

## **Estrogen Replacement Therapy (ERT) and Hormone Replacement Therapy (HRT)** (multiple brand names)

ERT is approved for the prevention and management of osteoporosis. ERT has been shown to reduce bone loss, increase bone density in both the spine and hip, and reduce the risk of hip and spinal fractures in postmenopausal women. Progestin may be prescribed in combination with estrogen (HRT) for women who have an intact uterus.

## **Alendronate Sodium** (brand name Fosamax)

Alendronate is approved for the prevention and treatment of osteoporosis. In postmenopausal women with osteoporosis, alendronate reverses bone loss, increases bone density and reduces the risk of fractures at all



body sites. Alendronate is also approved for the treatment of steroid-induced osteoporosis in men and women as a result of long-term use of steroid medications, such as prednisone or cortisone.

**Risedronate Sodium** (brand name Actonel)

Risedronate is approved for the prevention and treatment of osteoporosis. Risedronate prevents and reverses bone loss, reducing the risk of fractures. Risedronate is also approved for use by men and women to prevent and/or treat steroid-induced osteoporosis that results from long-term use of steroid medications, such as prednisone or cortisone.

**Raloxifene** (brand name Evista)

Raloxifene is approved for the prevention and treatment of osteoporosis. Raloxifene slows bone loss and helps build bone mass.

**Calcitonin** (brand name Miacalcin)

Calcitonin is a naturally occurring hormone involved in calcium regulation and bone metabolism. In women who are at least five years beyond menopause, calcitonin slows bone loss and increases bone density at the spine.

# Medical Specialists Who Treat Osteoporosis

(in alphabetical order)

**Endocrinologists** treat the endocrine system, which is made up of the glands and hormones that help control the body's metabolic activity. In addition to osteoporosis, endocrinologists may also treat diabetes and thyroid and pituitary diseases.

**Family physicians** have a broad range of training that includes surgery, internal medicine, gynecology and pediatrics. They place special emphasis on caring for an individual or family on a long-term, continuing basis.

**Geriatricians** are family physicians or internists who have received additional training on the aging process and the conditions and diseases that occur more frequently among the elderly, including incontinence, falls and dementia. Geriatricians often care for patients in nursing homes, in patients' homes, or in office or hospital settings.

**Gynecologists** diagnose and treat conditions of the female reproductive system and associated disorders. They often serve as primary-care physicians for women and follow their patients' reproductive health over time.



**Internists** diagnose and treat nonsurgical diseases of the body. They provide long-term comprehensive care in the hospital and office, developing expertise in many areas, and often act as consultants to other specialists.

**Orthopedic surgeons** are physicians trained in the care of patients with musculoskeletal problems. Congenital skeletal deformities, skeletal trauma and infections, and metabolic disturbances are within the scope of orthopedists. They may operate to correct, fix or replace joints and limbs.

**Physiatrists** are physicians who specialize in physical medicine and rehabilitation. Physiatrists evaluate and treat patients with impairments, disabilities or pain arising from musculoskeletal, neurological or other systemic problems. Physiatrists focus on restoring the physical, psychological, social and vocational functioning of the individual.

**Rheumatologists** diagnose and treat diseases of the joints, muscles, bones and tendons, including arthritis and collagen diseases. Rheumatologists may work closely with other specialists, such as orthopedists, physiatrists and physical therapists.



# Medicare and Osteoporosis

## What does Medicare pay for?

Medicare coverage of bone mineral density tests under Part B began on July 1, 1998. Doctors determine a patient's medical history and risk factors in deciding who should have a bone mineral density test and which type of test he or she should have.

## Who is eligible for a bone mineral density test under Medicare?

- Women who are being treated for estrogen deficiency and are at clinical risk for osteoporosis, based on their medical history and other findings.
- Men and women with vertebral abnormalities or previous fractures as demonstrated by X-ray.
- Men and women receiving, or planning to receive, long-term glucocorticoid (prednisone or steroid-type) therapy.
- Men and women diagnosed with primary hyperparathyroidism.
- Men and women being monitored to assess the response to or efficacy of an FDA-approved osteoporosis drug therapy.

## What will Medicare cover?

Medicare coverage applies as follows:

- Bone mineral density tests apply to all Medicare plans, including managed-care plans.
- Deductible and co-payments apply.
- Medicare will pay for this test only if it is ordered by a physician or qualified practitioner for a patient he or she is treating.
- Medicare will cover tests every two years, or more frequently if medically necessary.

# Resources

## Questions to Ask Your Health Care Provider

- Am I at risk for osteoporosis?
- How can I tell if someone in my extended family may have suffered from osteoporosis?
- How do I determine if I have low bone density?
- What type of bone mineral density test is right for me? How often should I be tested?
- Are any of my current medications affecting my bone health?
- What type of exercise should I be doing and how often?
- What type of medication should I consider for present and future bone health? What are the side effects of these drugs?
- What steps can I take to prevent osteoporosis?

# SELECTED CALCIUM-RICH FOODS

FOOD ITEM	Serving Size	Calcium (Mg)	Fat (g)	Calories
<b>MILK</b>				
Whole milk	8 oz.	290	8.9	156
1% milk	8 oz.	300	2.6	102
2% milk	8 oz.	297	4.7	121
Skim milk	8 oz.	302	0.4	86
<b>YOGURT</b>				
Plain fat-free (w/added milk solids)	8 oz.	487	0.4	136
Plain low-fat (w/added milk solids)	8 oz.	447	3.7	155
Fruit, low-fat	8 oz.	338	2.8	243
Frozen, vanilla, soft-serve	1/2 cup	103	4.0	114
<b>CHEESE</b>				
American	1 oz.	174	8.9	106
Cheddar	1 oz.	204	9.4	114
Cottage, 1% low-fat	1 cup	138	2.3	164
Mozzarella, part skim	1 oz.	183	4.5	72
Muenster	1 oz.	203	8.5	104
Parmesan, grated	1 tbsp.	69	1.5	23
Ricotta, part skim	1/2 cup	337	9.8	171
Ricotta, whole milk	1/2 cup	257	16.1	216
<b>ICE CREAM</b>				
Low-fat	1/2 cup	91.7	2.8	92
High-fat	1/2 cup	86.6	12.0	178
<b>FISH AND SHELLFISH</b>				
Sardines, canned in oil, drained, including bones	3.75 oz.	351	10.5	191
Salmon, pink, canned, including bones	3 oz.	181	5.1	118
Shrimp, canned, drained	3 oz.	50	1.7	102
<b>VEGETABLES</b>				
Bok choy, raw (Chinese cabbage)	1 cup	74	0	9
Broccoli, cooked, drained, from raw	1 cup	72	0.6	24
Broccoli, cooked, drained, from frozen	1 cup	94	0.2	50
Soybeans, mature, boiled	1 cup	261	12.0	254
Collards, cooked, drained, from raw	1 cup	226	0.6	49
Turnip greens, cooked, drained, from raw (leaves and stems)	1 cup	197	0.3	29
<b>OTHER</b>				
Tofu, raw, firm, prepared with calcium sulfate and magnesium chloride	1/2 cup	*204	5.6	97
Orange (Navel)	1 whole	56	0.1	65
Orange juice, calcium-fortified	8 oz.	300	0.1	100
Dried figs	10	270	2.2	477
Almonds, dry roasted	1 oz.	75	15.0	169
Sesame seeds, kernels, toasted	1 oz.	37	13.6	161
Sunflower seeds, dried	1 oz.	33	14.1	162

\* The calcium content of tofu may vary depending on processing methods. Tofu processed with calcium salts can have as much as 300 mg. per 4 oz. Often, the label or the manufacturer can provide more specific information.

NOTE: You also may increase the calcium in foods by following these suggestions:

1. Add nonfat powdered milk to all soups, casseroles and drinks.
2. Buy juices, cereals and breads that are fortified with calcium.
3. Replace whole milk and cream with skim and low-fat milk in recipes.
4. Replace sour cream with yogurt in recipes.
5. Some bottled waters contain calcium, so check the labels for more information.

Source: USDA Nutrient Data Laboratory, 2000.

# Helpful Organizations and Web Sites

*The Web sites below are not necessarily endorsed by the Texas Department of Health. They are listed as helpful resources for consumers.*

**Texas Department of Health Osteoporosis Awareness and Education Program** – This Web site emphasizes the importance of calcium and exercise in the prevention of osteoporosis and includes information on fall prevention and common bone fracture areas. Special features include a report of the state's Osteoporosis Advisory Committee, an osteoporosis fact and tip sheet, and a series of multicultural brochures on ways to maintain bone health.

Telephone 800-242-3399  
[www.tdh.state.tx.us/osp/osteo](http://www.tdh.state.tx.us/osp/osteo)

**National Osteoporosis Foundation** – It provides the most current national updates on osteoporosis research and related events.

Telephone 800-223-9994/202-223-2226  
[www.nof.org](http://www.nof.org)

**Ten Warning Signs Your Bones Need Help** – This Web site features the top overlooked osteoporosis symptoms, information on diagnosis using bone density tests, and prevention options.

[www.prevention.com/report/990517](http://www.prevention.com/report/990517)

**Strong Women** – This Web page is devoted to promoting strength for women, based on the findings of best-selling author Dr. Miriam Nelson.

[www.strongwomen.com](http://www.strongwomen.com)

**Boning Up on Osteoporosis** – This article by Carolyn J. Strange examines ways to lessen the effects of osteoporosis and reduce its severity. The site provides contact information for additional resources for aging populations.

[www.fda.gov/fdac/features/796\\_bone.html](http://www.fda.gov/fdac/features/796_bone.html)

**Creighton University Osteoporosis Research Center** – This University-based research center advocates bone research. Its Web site contains helpful information on osteoporosis as well as contact information for osteoporosis-related organizations.

[osteoporosis.creighton.edu](http://osteoporosis.creighton.edu)

continued...

## Helpful Organizations

**Foundation for Osteoporosis Research and Education** – This organization is dedicated to serving both the public and the medical community through research and education.

Telephone 888-266-3015

[www.fore.org](http://www.fore.org)

**Malka Orthopaedics** – This Web site provides a basic explanation of how bones change over time and information on osteoporosis. Links to information about the treatment of osteoporosis and the calcium content of foods are available.

[www.orthohelp.com/osteop.htm](http://www.orthohelp.com/osteop.htm)

**Healthfinder** – Do a search using “osteoporosis” as the key word. This will supply a list of links that provide information on how osteoporosis affects men and women of various races and ethnicities.

[www.healthfinder.gov](http://www.healthfinder.gov)

**National Institutes of Health, Osteoporosis and Related Bone Diseases~ National Resource Center** – Its Web site contains information for health care professionals, patients and the public about osteoporosis and other bone-related diseases, such as Paget’s disease and osteogenesis imperfecta.

Telephone 800-624-BONE/800-624-2663

[www.osteoporosis.nih.gov](http://www.osteoporosis.nih.gov)

**National Osteoporosis Society** – Its Web site answers such questions as “What is osteoporosis?” and “Who is at risk?” Prevention and treatment information is available for patients and health professionals.

[www.nos.org.uk](http://www.nos.org.uk)

**International Osteoporosis Foundation** – Its Web site features osteoporosis news from around the world.

[www.osteofound.org](http://www.osteofound.org)

**Osteo-Preventives** – This Web site has information about preventing osteoporosis. A list of risk factors is available.

[www.frontier.net/~osteoprevent/home.html](http://www.frontier.net/~osteoprevent/home.html)

**Osteoporosis** – Endorsed by the Society of Obstetricians and Gynaecologists of Canada, this site presents information about osteoporosis prevention and treatment. The text is available in English and French.

[www.sogc.org/door/osteoporosis.html](http://www.sogc.org/door/osteoporosis.html)

continued...

## Helpful Organizations

**American Council on Science and Health** – Its Web site provides information that includes statistics on osteoporosis, the role of dietary calcium, risk factors and prevention.

Telephone 212-362-7044

[www.acsh.org/publications/booklets/osteo.html](http://www.acsh.org/publications/booklets/osteo.html)

**Imaginis.com** – This women's health Web site features information on bone health, risk factors for osteoporosis, symptoms, diagnosis and treatment.

[www.imaginis.com/osteoporosis](http://www.imaginis.com/osteoporosis)

**HeliosHealth.com** – You will find news and discussions regarding osteoporosis. Topics include diagnosis, risk factors, prevention and treatment.

[www.helioshealth.com/osteoporosis](http://www.helioshealth.com/osteoporosis)

**Osteoporosis and Paget's Disease Drug Database** – This Web site is a database of commonly prescribed drugs for osteoporosis and Paget's disease.

[www.coreynahman.com/osteoporosis\\_pagets.html](http://www.coreynahman.com/osteoporosis_pagets.html)

**Osteoporosis Online** – The Osteoporosis Society of Canada's Web site provides up-to-date information on the risks, prevention, diagnosis and treatment of osteoporosis.

[www.osteoporosis.ca](http://www.osteoporosis.ca)

**USDA Bone Builders: Support Your Bones With Healthy Habits** – This is a Web page devoted to understanding and preventing osteoporosis. Included is an article discussing how young girls typically do not get enough calcium.

Telephone 888-INFO-FDA/888-463-6332

[www.fda.gov/fdac/features/1997/697\\_bone.html](http://www.fda.gov/fdac/features/1997/697_bone.html)

**Clueless in the Mall** – It is an interactive, educational Web site for teens to learn about the importance of calcium and disease prevention.

[calcium.tamu.edu](http://calcium.tamu.edu)

## For Men

**Osteoporosis in Men** – This Web site supplies information on risk factors, testing and treatments for men suffering from osteoporosis.

[www.geocities.com/HotSprings/8741](http://www.geocities.com/HotSprings/8741)

## Health Plan General Requirements and Information

Insurance plans are based on a wide array of variables. The following information is from some of the largest group plans in Texas. It is included as an example; details may vary based on where a person lives or the specifics of his or her plan.

Health Plan	Available in all Areas of Texas?	Will Provide Coverage for a BMD Test?	Requirements for Coverage	Required Payment by the Patient	Telephone
BLUE CROSS BLUE SHIELD <i>HMO Blue</i>	Yes	Yes	<ul style="list-style-type: none"> <li>Physician's referral</li> </ul>	Co-pay; amount of co-pay depends on the specifics of the policy	1-888-585-6799
BLUE CROSS BLUE SHIELD <i>Health Select Plus HMO</i>		Yes	<ul style="list-style-type: none"> <li>Physician's referral</li> </ul>	Co-pay; amount of co-pay depends on the specifics of the policy	1-888-585-9393
AETNA <i>Managed Choice POS</i>		Yes	<ul style="list-style-type: none"> <li>35 years of age or older</li> <li>Covered under wellness policy for women</li> </ul>	Co-pay; amount of co-pay depends on the specifics of the policy	1-888-778-6157
AETNA <i>Managed Choice PPO</i>		Yes	<ul style="list-style-type: none"> <li>35 years of age or older</li> <li>Covered under wellness policy for women</li> </ul>	Co-pay; amount of co-pay depends on the specifics of the policy	1-888-778-6157

(BMD = bone mineral density test)

*continued...*

## Health Plan General Requirements and Information, continued

Health Plan	Available in all Areas of Texas?	Will Provide Coverage for a BMD Test?	Requirements for Coverage	Required Payment by the Patient	Telephone
AETNA HMO		Yes	<ul style="list-style-type: none"> <li>Physician's referral</li> <li>35 years of age or older</li> <li>Covered under wellness policy for women</li> </ul>	Co-pay; amount of co-pay depends on the specifics of the policy	1-888-778-6157
HUMANA HMO		Yes	<ul style="list-style-type: none"> <li>Physician's referral required until the woman is 45 years old and covered by well-woman care</li> </ul>	Co-pay; amount of co-pay depends on the specifics of the policy	1-888-523-0023
HUMANA PPO		Yes	Woman may choose to spend her health plan allowance to pay for this test. The allowance is either \$200 or \$500, depending on what the employer chooses.		1-888-523-0023
MUTUAL OF OMAHA INSURANCE The Edge PPO	Yes	Yes	<ul style="list-style-type: none"> <li>Physician's request</li> </ul>	Co-pay; amount of co-pay depends on the specifics of the policy	1-800-775-6000
UNICARE PPO	Yes	Yes	<ul style="list-style-type: none"> <li>Covered under preventive care</li> </ul>	Co-pay; amount of co-pay depends on the specifics of the policy	1-800-718-9355

(BMD = bone mineral density test)

*continued...*



## Health Plan General Requirements and Information, continued

Health Plan	Available in all Areas of Texas?	Will Provide Coverage for a BMD Test?	Requirements for Coverage	Required Payment by the Patient	Telephone
AMERICAN NATIONAL INSURANCE CO. <i>True Group PPO</i>		Yes	<ul style="list-style-type: none"> <li>Deductible and coinsurance must be met before coverage is provided</li> </ul>	After deductible and coinsurance are met, this test is covered 100%	1-800-899-6503
UNITED HEALTH CARE OF TEXAS <i>PPO Product</i>		Yes	<ul style="list-style-type: none"> <li>Deductible and coinsurance must be met before coverage is provided</li> </ul>	After deductible and coinsurance are met, this test is covered 100%	1-800-411-1145
UNITED HEALTH CARE OF TEXAS <i>HMO</i>		Yes	<ul style="list-style-type: none"> <li>Physician's referral</li> </ul>	Coinsurance; this is a percentage of the actual cost of the test	1-800-411-1145
UNITED HEALTH CARE OF TEXAS <i>Open Access HMO</i>		Yes	<ul style="list-style-type: none"> <li>No stipulations</li> </ul>	Coinsurance; this is a percentage of the actual cost of the test	1-800-411-1145

(BMD = bone mineral density test)

*continued...*

## Health Plan General Requirements and Information, continued

Health Plan	Available in all Areas of Texas?	Will Provide Coverage for a BMD Test?	Requirements for Coverage	Required Payment by the Patient	Telephone
PACIFIC LIFE INSURANCE <i>PPO</i>	Yes	May or may not cover	<ul style="list-style-type: none"> <li>If no preventive plan is in place, this test will only be covered with a physician's referral. The physician must suspect that the woman has osteoporosis.</li> </ul>	Payment by the patient depends on the individual's specific policy requirements	1-800-736-2373
PRINCIPAL FINANCIAL GROUP <i>PPO</i>	Yes	May or may not cover	<ul style="list-style-type: none"> <li>Typically is covered, but the amount of payment that the patient is responsible for is dependent upon the provider's billing practices</li> </ul>	Payment may be a co-pay or may be the deductible and coinsurance, depending on the provider's billing practice	1-800-729-3541
CIGNA <i>PPO</i>	Yes	May or may not cover	<ul style="list-style-type: none"> <li>This test is covered only if it is written as part of the benefits package at the employer's request</li> <li>Most likely to be covered with a physician's referral</li> </ul>	Co-pay; amount of co-pay depends on the specifics of the policy	1-800-238-8801

*(BMD = bone mineral density test)*

# Glossary of Terms

**bone densitometry** – a medical technique to measure bone density or strength

**bone density** – the amount of mineral in any given volume of bone

**bone mass** – the amount of mineral in a bone. Although this is different from bone density, the terms are often used interchangeably.

**bone mineral density (BMD) test** – a test that looks at how dense bones are at the spine, hip, wrist or heel. BMD tests provide information on bone health sooner and can find problems earlier than an ordinary X-ray. The lower the bone mineral density, the higher the risk of fracture.

**calcium** – the most important mineral found in bone

**estrogen** – female hormone produced by the ovaries

**estrogen replacement therapy (ERT)** – a treatment used to replace the estrogen lost after a woman stops menstruating and no longer produces her own estrogen

**formation** – one stage of the bone remodeling process. New bone tissue is laid down to replace the old tissue that was removed during resorption.

**fracture** – a break in a bone

**hormone** – a chemical produced in one organ of the body that controls or affects the functions of other organs in the body

**hormone replacement therapy (HRT)** – a treatment used to replace the estrogen lost after a woman stops menstruating and no longer produces her own estrogen; uses both estrogen and progestin

**hypothyroidism** – a condition in which not enough thyroid hormone is produced

**low bone density** – a condition in which bones are not as thick or strong as they should be, compared to other people of the same gender and age

**menopause** – the time in a woman's life when her menstrual periods end and she no longer produces estrogen

**osteoporosis** – a condition in which bones become weak and brittle and are likely to break

**peak bone mass** – the maximum density or thickness of your bones. This is usually reached in your 30s.

**postmenopausal** – the time in a woman's life after she has gone through menopause and no longer has menstrual periods

**remodeling** – the process of change that occurs in bones throughout life. It is marked by two stages, resorption and formation.

**resorption** – one stage of the bone remodeling process in which old bone tissue is broken down and removed

**steroid therapy** – a type of medical treatment using chemicals

**vertebral** – relating to the bones in your spine

**weight-bearing exercise** – type of exercise that makes the bones support the weight of the body against gravity



# Bone Mineral Density Testing Locations

*By ZIP Code*

These sites are registered by the Texas Department of Health's Bureau of Radiation Control for the use of bone densitometers (X-ray machines). The equipment has been approved and authorized for use in bone mineral density testing.

## **75000 .....**

Joseph, John M., MD  
2008 East Hebron Parkway, Suite A  
Carrollton, TX 75007  
972-492-8700

Tenet Healthsystems Hospital Dallas Inc.  
4343 North Josey Lane  
Carrollton, TX 75010  
972-492-1010

Medicine Shoppes Incorporated  
400 North Allen Drive, Suite 102  
Allen, TX 75013  
972-390-9888

Texoma Care  
1014 Memorial Drive  
Denison, TX 75020  
903-416-6012

Garvin, Clifford David, MD PAABFP  
100 Memorial Drive  
Denison, TX 75020  
903-463-8448

David F. Varnell Ventures One Inc.  
3525 Louis Drive  
Plano, TX 75023  
972-618-3107

Shields, Robert F., DO  
2237 West Parker Road, Suite D  
Plano, TX 75023  
972-596-5303

Novartis Pharmaceuticals Corporation  
2212 Blue Sage Drive  
Flower Mound, TX 75028  
800-631-8184

Republic Health Corporation of Rockwall  
P.O. Box 1550  
Rowlett, TX 75030-1550  
972-412-2273

Las Colinas Ob Gyn  
6750 North MacArthur Boulevard, Suite 302  
Irving, TX 75039  
972-869-4488

Baylor Medical Center at Garland  
2300 Marie Curie Drive  
Garland, TX 75042  
972-487-5170

Family Medical Center at Garland  
530 Clara Barton  
Garland, TX 75042  
972-272-6561

Sakovich, Peter, MD PA  
1037 West Shady Grove  
Irving, TX 75060  
972-251-1178

Baylor Medical Center at Irving  
1901 North MacArthur Boulevard  
Irving, TX 75061  
972-579-8100

Irving Healthcare System  
1901 North MacArthur Boulevard  
Irving, TX 75061  
972-579-8700

Medical and Surgical Clinic of Irving PA  
2023 West Park Drive  
Irving, TX 75061  
972-253-4315

Healthsouth Diagnostic Center of TX LLP  
3700 West 15th Street, Bldg. D, Suite 100  
Plano, TX 75075  
972-867-7743

Freer, Timothy W., MD PA  
3800 West 15th Street, Suite 111  
Plano, TX 75075  
972-985-9649

Richardson Hospital Authority  
401 West Campbell Road  
Richardson, TX 75080  
972-498-7600

Richardson Orthopedic  
1910 North Collins Boulevard  
Richardson, TX 75080  
972-238-1041

Henry, Katherine S., MD PA  
721 West Arapaho, Suite 2  
Richardson, TX 75080  
972-234-4776

Bell, Richard C., MD PA  
403 West Campbell Road, Suite 102  
Richardson, TX 75080  
972-498-7681

Wilson N. Jones Memorial Hospital  
500 North Highland  
Sherman, TX 75090  
903-870-4180

Columbia Medical Center of Sherman  
1111 Gallagher Road  
Sherman, TX 75090  
903-870-7255

Texoma Center for Family Medicine PA  
809 Gallagher Drive, Suite C  
Sherman, TX 75090  
903-892-8398

The North Texas Center for Women's Health  
425 North Highland, Suite 100  
Sherman, TX 75092  
903-893-2627

Presbyterian Healthcare Center  
of North Texas  
6200 West Parker Road  
Plano, TX 75093  
972-608-8051

Texas Health Research Institute  
6300 West Parker Road, Suite 100  
Plano, TX 75093  
972-608-5162

Willowbend Women's Center PA  
6300 West Parker Road, Suite 325  
Plano, TX 75093  
972-608-0808

## **75100 .....**

Phycor of Corsicana  
Box 841  
Corsicana, TX 75110  
903-872-4611

Ellis County Medical Associates  
802 West Lampasas  
Ennis, TX 75119  
972-845-4700

Presbyterian Hospital of Kaufman  
P.O. Box 310  
Kaufman, TX 75142  
972-932-7200

Hughes, Mark D., and Associates  
P.O. Box 43406  
Seven Points, TX 75143  
903-432-2707

Columbia Medical Center at Lancaster  
2600 West Pleasant Run Road  
Lancaster, TX 75146-0720  
972-223-9600

Southwest Rheumatology PA  
1010 North Beltline Road, Suite 105  
Mesquite, TX 75149  
972-329-6565

Physician Reliance Network Inc.  
1660 Republic Parkway  
Mesquite, TX 75150  
972-613-5696

Grant J. Kirkland, MD FACOG  
3500 I-30, Suite B 120  
Mesquite, TX 75150  
972-686-8200

**Bone  
Mineral  
Density  
Testing  
Locations**

*By ZIP Code*





**Bone  
Mineral  
Density  
Testing  
Locations**

*By ZIP Code*

Glenn Garrett Clinic Association  
402 North Kaufman  
Linden, TX 75563  
903-756-5581

Flores, Dennis R., MD  
500 Hospital Drive  
New Boston, TX 75579  
903-628-2734

## **75600.....**

Good Shepherd Medical Center  
700 East Marshall Street  
Longview, TX 75601  
903-236-2072

Internal Medicine Association Longview  
703 East Marshall Street, Suite 1001  
Longview, TX 75601  
903-753-7291

East Texas Primary Care Associates PLLC  
2101 West Loop 281  
Longview, TX 75604  
903-759-7200

Diagnostic Clinic of Longview PA  
707 Holleybrook Drive  
Longview, TX 75605  
903-232-8561

East Texas Medical Center-Carthage  
P.O. Box 549  
Carthage, TX 75633  
903-693-0285

Henderson Memorial Hospital  
300 Wilson Street  
Henderson, TX 75652  
903-065-7541

Roy H. Laird Memorial Hospital  
1612 South Henderson Boulevard  
Kilgore, TX 75662  
903-984-3505

John, C. L., MD PA  
618 South Grove, Suite 300  
Marshall, TX 75670  
915-643-9830

Trinity Mother Frances Health Systems  
800 East Dawson  
Tyler, TX 75701  
903-593-8441

## **75700 .....**

East Texas Medical Center Cancer Institute  
700 Olympia Plaza, Suite 100  
Tyler, TX 75701  
903-535-6304

Taylor, Patrick, MD PA  
1034 Clinic Drive  
Tyler, TX 75701  
903-533-8161

Trinity Internal Medicine  
1034 Clinic Drive  
Tyler, TX 75701  
903-533-8161

University of Texas Health Center Tyler  
11937 Hwy 271 at Hwy 155  
Owntown, TX 75708  
903-877-3451

East Texas Medical Imaging  
810 Lucas Drive  
Athens, TX 75751  
903-675-6671

Lakeland Medical Associates  
1123 South Palestine  
Athens, TX 75751  
903-675-2245

Athens Women's Center  
1336 South Palestine  
Athens, TX 75751  
903-675-7376

Chandler Family Medical Center  
P.O. Box 368  
Chandler, TX 75758  
903-849-6047

ETMC Jacksonville  
501 South Ragsdale Street  
Jacksonville, TX 75766  
903-586-3000

Wasson, James L., MD  
203 Nacogdoches, Suite 280  
Jacksonville, TX 75766  
903-586-2207

# **Bone Mineral Density Testing Locations**

## ***By ZIP Code***

Low, James Ray Jr., MD PA  
203 Nacogdoches, Suite 360  
Jacksonville, TX 75766  
903-586-3505

## **75800 .....**

East Texas Diagnostic Clinic PA  
4002 South Loop 256, Suite A  
Palestine, TX 75801  
903-723-8800

Internal Medicine Associates of Palestine  
2217 South Sycamore, Suite 101  
Palestine, TX 75801  
903-729-3993

East Texas Family Medicine  
4201 South Loop 256  
Palestine, TX 75801  
903-723-8533

Gorby, Michael, MD PA  
126 Medical Drive, Suite B  
Palestine, TX 75801  
903-729-8328

Bennett, Charles Jr., MD  
126 Medical Drive, Suite A  
Palestine, TX 75801  
903-729-4566

Aguirre Family Care Clinic PA  
P.O. Box 398  
Buffalo, TX 75831  
903-322-2204

## **75900 .....**

Randall Medical Clinic  
1019 East Denman Avenue, Suite B  
Lufkin, TX 75901  
936-637-2080

Sloan, Lance, MD PA  
1115 Ellis  
Lufkin, TX 75901  
936-632-4282

Center for Arthritis & Respiratory Diseases  
710 Gaslight, Suite A  
Lufkin, TX 75904  
936-634-0527

East Texas Chest Clinic PA  
818 West Frank Street  
Lufkin, TX 75904  
936-639-6210

Angelina Internal Medicine Associates  
1222 Ellis Avenue  
Lufkin, TX 75904-3326  
936-639-2244

Singson, Florencio, MD  
P.O. Box 1985  
Center, TX 75935  
936-598-2933

Pineywoods Diagnostic Clinic  
P.O. Box 1297  
Huntington, TX 75949  
936-876-5719

Global Health Enterprises Inc.  
1001 Dickerson Drive  
Jasper, TX 75951  
409-384-2575

Complete Healthcare Services PA  
315 West Houston  
Jasper, TX 75951  
409-384-3430

Nacogdoches Medical Center  
4920 Northeast Stallings Drive  
Nacogdoches, TX 75961  
936-569-0895

Nacogdoches Medical Clinic  
1018 Mound Street, Suite 206  
Nacogdoches, TX 75961  
936-560-2920

Labarbera, Philip T., MD  
4944 Northeast Stallings Drive  
Nacogdoches, TX 75961-1595  
936-564-3751

San Augustine Memorial Hospital  
P.O. Box 658  
San Augustine, TX 75972  
936-275-3446

**76000.....**

Radiology Associates of Tarrant County  
801 Road to Six Flags West  
Arlington, TX 76012  
817-321-0426

Swanson, Jan, DO FACP  
900 West Randall Mill, Suite 111  
Arlington, TX 76012  
817-268-4100

Healthsouth Diagnostic Center of Texas  
601 West Arbrook Boulevard  
Arlington, TX 76014  
817-472-0801

Matlock Ob/Gyn Associates  
515 West Mayfield, #305  
Arlington, TX 76014  
817-468-4689

Omega Ob-Gyn of South Arlington  
505 Omega Drive  
Arlington, TX 76014  
817-468-3255

Bedford Imaging  
2921 Brown Trail, Suite 110  
Bedford, TX 76021  
817-581-9996

Mid-Cities Arthritis Clinic PA  
1305 Airport Freeway, Suite 420  
Bedford, TX 76021  
817-358-0100

Kaner Medical Group PA  
1305 Airport Frwy, Suite 220  
Bedford, TX 76021  
817-685-9633

Northeast Tarrant Internal Medicine Assoc.  
469 West Parkway  
Euless, TX 76022  
817-358-5500

Aboukhair, Nabil, MD  
11797 South Freeway, Suite 242  
Burleson, TX 76028  
817-551-0454

Walls Regional Hospital  
201 Walls Drive  
Cleburne, TX 76031  
817-556-4395

Altenberg, Leo L., MD PA  
412 North Main Street, Suite 100  
Euless, TX 76039  
817-858-0111

Osteoporosis Center of North Texas  
350 Westpark Way, Suite 120  
Euless, TX 76040  
817-481-5544

Glen Rose Medical Center  
P.O. Box 2099  
Glen Rose, TX 76043  
254-897-2215

Granbury Internal Medicine Associates PC  
1318 Paluxy Road  
Granbury, TX 76048  
817-573-8805

Grapevine Internal Medicine Centre  
1604 Lancaster  
Grapevine, TX 76051  
817-481-8661

Texas Healthworks Incorporated  
600 West Northwest Highway, Suite E  
Grapevine, TX 76051  
817-329-7703

Grapevine Imaging and Pain Management  
2401 Ira East Woods, Suite 600  
Grapevine, TX 76051  
817-488-9991

Healthsouth Diagnostic Center of Texas  
1717 Precinct Line Road, Suite 103  
Hurst, TX 76054  
817-498-6575

Campbell Health System  
713 East Anderson  
Weatherford, TX 76086  
817-596-8751

**76100 .....**

The Fort Worth Clinic  
909 Ninth Avenue, Suite 300  
Fort Worth, TX 76104  
817-336-7191

**Bone  
Mineral  
Density  
Testing  
Locations**

***By ZIP Code***

All Saints Episcopal Hospital  
1400 Eighth Avenue  
Fort Worth, TX 76104  
817-927-6151

Medical Clinic of North Texas PA  
1651 Rosedale, Suite 200  
Fort Worth, TX 76104  
817-334-1435

Consultants in Radiology PA  
1101 Sixth Avenue  
Fort Worth, TX 76104  
817-336-4636

Radiology Associates of Tarrant County  
816 West Cannon Street  
Fort Worth, TX 76104  
817-321-0426

Fort Worth Diagnostic Clinic  
1650 West Rosedale, Suite 100  
Fort Worth, TX 76104  
817-338-1131

Wilson, Stephen L., MD  
1015 South Henderson  
Fort Worth, TX 76104  
817-870-1035

Rose, Herman, MD FACP  
1315 Sixth Avenue  
Fort Worth, TX 76104  
817-921-3626

Castro, Jaime H., MD  
1650 West Rosedale, Suite 103  
Fort Worth, TX 76104  
817-334-0137

North Texas Affiliated Medical Group  
1325 Pennsylvania Avenue, Suite 450  
Fort Worth, TX 76104  
817-878-5262

Herd, Herd and Minton  
1325 Pennsylvania, Suite 370  
Fort Worth, TX 76104  
817-878-5370

Whitfield, John A., MD  
1307 Eighth Avenue, Suite 404  
Fort Worth, TX 76104  
817-927-2229

Breast Care Center of Texas PA  
1400 Eighth Avenue, Suite 100  
Fort Worth, TX 76104  
817-924-9349

Osteopathic Medical Center of Texas  
1000 Montgomery Street  
Fort Worth, TX 76107  
817-735-3543

Female Health Associates  
2600 Montgomery Street  
Fort Worth, TX 76107  
817-731-3936

University Surgery Center Inc.  
311 University Drive, Suite 100  
Fort Worth, TX 76107-1924  
817-877-1002

University of North Texas Health Science  
3500 Camp Bowie Boulevard  
Fort Worth, TX 76107-2690  
817-735-2697

Troutman, Edwin G., MD  
11803 South Freeway, Suite 315  
Fort Worth, TX 76115  
817-293-1000

Cabansag, Remedios R., MD PA  
11803 South Freeway, Suite 254  
Fort Worth, TX 76115  
817-551-2963

Harris Methodist Southwest Hospital  
6100 Harris Parkway  
Fort Worth, TX 76132  
817-346-5090

Tarrant Family Practice  
4504 Boat Club Road, Suite 800  
Fort Worth, TX 76135  
817-237-0515

Unell, Alan M., MD PA  
4351 Booth Calloway, Suite 301  
North Richland Hills, TX 76180  
817-595-2522

**76200.....**

North Texas Medical Surgical PA  
2509 Scripture, Suite 200  
Denton, TX 76201  
940-898-7400

Texas Woman's University  
P.O. Box 425799  
Denton, TX 76204-5799  
817-898-2391

Denton Regional Medical Center  
3535 IH-35 East  
Denton, TX 76205  
940-566-4160

Denton Prescription Shop Incorporated  
2500 Lillian B. Miller Parkway  
Denton, TX 76205-2902  
940-382-1618

United Clinics of North Texas PLLC  
1010 North Mill Street  
Bowie, TX 76230  
940-872-1121

Three Rivers MSO Inc.  
1001 West Eagle Drive  
Decatur, TX 76234  
817-627-7443

Aware, Khawaja N., MD PA  
801 North Grand Avenue, Suite 1  
Gainesville, TX 76240  
940-668-7231

**76300.....**

United Regional Health Care System Inc.  
1600 11th Street  
Wichita Falls, TX 76301  
940-761-8220

Texoma Women's Clinic  
1601 Ninth Street  
Wichita Falls, TX 76301  
817-723-8151

North Texas Rheumatology  
1104 Brook Avenue  
Wichita Falls, TX 76301  
940-763-3797

Phycor Wichita Falls Inc.  
501 Midwestern Parkway East  
Wichita Falls, TX 76302  
817-766-3551

Myers, Jerry K., MD  
5500 Kell West Boulevard, Suite 100  
Wichita Falls, TX 76310  
940-696-5335

Harvest Drug & Gift Incorporated  
306 South Avenue D  
Burkburnett, TX 76354  
940-569-5282

Park Clinic PA  
310 West Alameda  
Iowa Park, TX 76367  
940-592-4141

**76400.....**

Stephenville Medical and Surgical Clinic  
150 River North Boulevard  
Stephenville, TX 76401  
254-968-6051

Stephens Memorial Hospital  
200 South Geneva Street  
Breckenridge, TX 76424  
254-559-2241

Breckenridge Family Clinic PA  
103 South Hartford  
Breckenridge, TX 76424  
254-559-3363

**76500.....**

Promedco of Temple Inc.  
1905 Southwest H. K. Dodgen Loop  
Temple, TX 76502  
254-778-2123

Scott and White Memorial Hospital  
2401 South 31st Street  
Temple, TX 76508  
254-724-2111

Hamilton General Hospital  
400 North Brown Avenue  
Hamilton, TX 76531  
254-386-3151

**Bone  
Mineral  
Density  
Testing  
Locations**

***By ZIP Code***

**76600 .....**

NHCl of Hillsboro Inc.  
1321 East Franklin  
Hillsboro, TX 76645  
254-582-8425

Parkview Regional Hospital  
312 East Glendale  
Mexia, TX 76667  
254-562-5332

**76700 .....**

Fung Hing-Scheung, Eugene, MD PA  
2911 Herring Avenue, Suite 203  
Waco, TX 76708  
254-755-4582

Waco Ob-Gyn  
2124 North 25th  
Waco, TX 76708  
254-752-4395

Haskett, W. Richard, MD PA  
3115 Pine Avenue, Suite 306  
Waco, TX 76708  
254-752-9955

Wilcox, Patricia A., MD PA  
2201 McArthur Drive, Suite 2200  
Waco, TX 76708  
254-752-2300

Hillcrest Ob-Gyn Associates  
3115 Pine Avenue, Suite 708  
Waco, TX 76708  
254-753-3190

Waco Radiological Clinic PA  
405 Londonderry, Suite 104  
Waco, TX 76712  
254-751-4900

Providence Health Alliance  
301 Richland West Circle  
Waco, TX 76712  
254-776-8333

Healthy Images Inc.  
7736 Central Park Drive, Suite 1  
Waco, TX 76712  
888-750-1714

**76800 .....**

Central Texas Women's Clinic PA  
2410 Crockett  
Brownwood, TX 76801  
915-643-1526

Crawford, Debbie, DO & Associates  
107C Southpark Drive  
Brownwood, TX 76801  
915-646-1195

Brownwood Specialty Center  
2502 Crockett  
Brownwood, TX 76801  
915-646-5521

Brownwood Regional Hospital  
P.O. Box 760  
Brownwood, TX 76804  
915-646-8541

**76900 .....**

Anderson Chiropractic Center  
3808 Sherwood Way  
San Angelo, TX 76901  
915-949-1600

Shannon Clinic  
120 East Beauregard  
San Angelo, TX 76903  
915-658-1511

Christensen, Edward W., MD PA  
102 North Magdalen, Suite 240  
San Angelo, TX 76903  
915-658-7523

West Texas Medical Associates  
3555 Knickerbocker Road  
San Angelo, TX 76904  
915-949-9555

**77000 .....**

Sisters of Charity of the Incarnate Word  
1919 LaBranch  
Houston, TX 77002  
713-756-8890



Christus Health System  
1919 LaBranch  
Houston, TX 77002  
713-757-1000

Bueso, Gerardo, MD PA  
1213 Hermann Drive, Suite 330  
Houston, TX 77004  
713-520-8385

Rheumatic Disease Clinic of Houston  
1213 Hermann Drive, Suite 550  
Houston, TX 77004  
713-521-7865

Texas Nuclear Imaging  
1213 Hermann Drive, Suite 885  
Houston, TX 77004  
713-523-6700

Del Castillo, Hector Jr., MD PA  
1213 Hermann Drive, Suite 220  
Houston, TX 77004  
713-526-4787

Medical Clinic of Houston LLP  
1707 Sunset Boulevard  
Houston, TX 77005  
713-526-5511

No. 2 Chelsea X-ray  
No. 2 Chelsea Place  
Houston, TX 77006  
713-523-3153

Memorial Hospital Northwest  
1635 North Loop West  
Houston, TX 77008  
713-867-3341

Perone, Nicola, MD  
1631 North Loop West, Suite 560  
Houston, TX 77008  
713-868-1168

Columbia East Houston Medical Center  
13111 East Freeway  
Houston, TX 77015  
713-393-2331

Parkview Medical Associates PA  
910 South Wayside, Suite 100  
Houston, TX 77023  
713-921-7176

Memorial City Medical Center  
Radiology Department  
902 Frostwood  
Houston, TX 77024  
713-867-4668

McKeever Orthopedic Clinic  
902 Frostwood, Suite 309  
Houston, TX 77024  
713-461-5575

Memorial Clinical Associates  
8800 Katy Freeway, Suite 210  
Houston, TX 77024  
713-461-2220

Safro, Ivor L., MD  
920 Frostwood, Suite 530  
Houston, TX 77024  
713-465-9390

Solis, Pat, MD  
909 Frostwood, Suite 162  
Houston, TX 77024  
713-827-1500

Village Family Practice PLLC  
8584 Katy Freeway, Suite 320  
Houston, TX 77024  
713-461-2915

West Houston Family Practice  
9055 Katy Freeway, Suite 310  
Houston, TX 77024  
713-467-7572

Greater Anesthesiology Services PA  
8707 Katy Freeway, Suite C  
Houston, TX 77024  
713-461-0897

Universal MRI & Diagnostics Inc.  
3115 West Loop South, Suite 8  
Houston, TX 77027  
281-446-0111

Mauskar, Anant, MD PA  
8300 Homestead Road, Suite 5  
Houston, TX 77028-2148  
713-633-5595

Diagnostic Clinic of Houston  
6448 Fannin  
Houston, TX 77030  
713-797-9191

# **Bone Mineral Density Testing Locations**

## ***By ZIP Code***

MD Anderson Cancer Center  
1515 Holcombe Boulevard  
Houston, TX 77030  
713-782-3292

Methodist Hospital  
6501 Fannin, Mail Code Nb1 004  
Houston, TX 77030  
713-790-2761

Kelsey Seybold Clinic  
2727 West Holcombe Boulevard  
Houston, TX 77030  
713-791-8787

Baylor College of Medicine  
One Baylor Plaza, K 103  
Houston, TX 77030  
713-798-4799

Bone and Joint Clinic of Houston PA  
6624 Fannin, Suite 2600  
Houston, TX 77030  
713-790-1818

Harris County Hospital District  
Department of Radiology, Suite 2  
130 University of Texas Medical School  
6431 Fannin  
Houston, TX 77030  
713-792-5231

Rheumatology Associates of Houston  
2201 West Holcombe, Suite 330  
Houston, TX 77030  
713-667-8292

The Women's Specialist of Houston PLLC  
6624 Fannin, Suite 1800  
Houston, TX 77030  
713-797-1393

Hopestar Medical Management Group  
6550 Fannin, Suite 400  
Houston, TX 77030  
713-986-7322

Memorial Hermann Hospital System  
6411 Fannin  
Houston, TX 77030-1501  
713-704-2747

CHCA Women's Hospital LB  
7600 Fannin  
Houston, TX 77054  
713-791-7115

MacGregor Medical Association  
8100 Greenbriar  
Houston, TX 77054  
713-741-2273

X-ray Xpress Corporation  
8305 Knight Road  
Houston, TX 77054  
713-790-0467

Texas Institute for Reproductive Medicine  
7400 Fannin, Suite 850  
Houston, TX 77054  
713-791-1874

Oga Management Partnership  
7550 Fannin, Suite 124  
Houston, TX 77054  
713-512-7645

Zimmerman, Stanley J., MD and Associates  
7707 Fannin, Suite 250  
Houston, TX 77054  
713-797-9999

Cohan, Leslie C., MD  
7580 Fannin, Suite 235  
Houston, TX 77054  
713-795-0349

Columbia/HCA Healthcare Corp  
8850 Long Point Road  
Houston, TX 77055  
713-467-6555

Columbia HCA  
8850 Long Point Road  
Houston, TX 77055  
713-722-3839

Sisters of Charity of the Incarnate Word  
2050 Space Park Drive  
Saint John Hospital  
Nassau Bay, TX 77058  
713-333-5503

Gulf Coast Medical Group PLLC  
1300 Bay Area Boulevard, Building B  
Houston, TX 77058  
713-488-6132

Fischer, Conrad A., MD  
18100 Hospital Boulevard, Suite 230  
Nassau Bay, TX 77058  
713-333-4541

Gulf Coast Medical Group  
1300 Bay Area Boulevard, Building B  
Houston, TX 77058  
281-604-1300

Clear Lake Family Physicians  
14903 El Camino Real  
Houston, TX 77062  
713-486-7900

Hillcroft Medical Clinic Associates I  
2500 Fondren  
Houston, TX 77063  
713-781-4600

Hillcroft Medical Clinic Associates II  
2500 Fondren  
Houston, TX 77063  
713-780-8367

Dalton, Oscar L. Jr., MD PA  
9034 Westheimer, Suite 230  
Houston, TX 77063  
713-781-7110

Coscia, A. Mario, MD PA  
9034 Westheimer, Suite 315  
Houston, TX 77063  
713-782-6622

C. H. Wilkinson Physician Network  
11830 FM 1960 West  
Houston, TX 77065  
281-890-3010

Cypress Fairbanks Medical Center Inc.  
10655 Steepletop Drive  
Houston, TX 77065  
281-897-3160

Barnard Family Health Centers PA  
11840 FM 1960 West  
Houston, TX 77065  
713-467-7572

Imaging Institute of Texas Inc.  
8411 West Bellfort, Suite 100A  
Houston, TX 77071  
713-271-8080

Worchel, Albert, MD  
8200 Wednesbury, Suite 295  
Houston, TX 77074  
713-771-5889

Memorial Hospital Southwest  
7600 Beechnut  
Houston, TX 77074  
713-776-5170

South Memorial Physicians Associates SW  
7777 Southwest Freeway, Suite 636  
Houston, TX 77074  
713-777-3000

Post, Cheri A., MD PA  
8200 Wednesbury, Suite 485  
Houston, TX 77074  
713-981-0175

Woman's Radiology Associates  
8200 Wednesbury, Suite 105  
Houston, TX 77074  
713-270-5665

Frumin, M. S., Cole, W. F. and Blum, H. J., MD  
7777 Southwest Freeway, Suite 344  
Houston, TX 77074-1887  
713-271-6666

Columbia Hospital Corporation  
5314 Dashwood  
Houston, TX 77081  
713-512-1200

South West Hillcroft Medical Clinic  
6440 Hillcroft, Suite 100  
Houston, TX 77081  
713-779-1700

CHCA West Houston LP  
12141 Richmond Avenue  
Houston, TX 77082  
713-588-8130

Korhonen, Matti, MD  
12121 Richmond, Suite 215  
Houston, TX 77082  
281-558-2737

Warneke, Michael L., PhD MD  
11914 Astoria, Suite 180  
Houston, TX 77089  
281-481-8878

Hassan, Laila A., MD PA  
11914 Astoria, Suite 330  
Houston, TX 77089  
713-922-4000

# **Bone Mineral Density Testing Locations**

## ***By ZIP Code***

Houston Northwest Medical Center  
710 FM 1960 West  
Houston, TX 77090  
713-440-1000

Urano, Gary H., MD  
810 Peakwood, Suite 400  
Houston, TX 77090  
713-537-6405

KSF Orthopaedic Center PA  
17270 Red Oak Drive, Suite 200  
Houston, TX 77090  
281-440-6960

Alaniz, John M., MD PA  
17070 Red Oak Drive, Suite 305  
Houston, TX 77090  
281-440-0380

Tidwell Medical Center  
2312 Tidwell  
Houston, TX 77093  
713-872-9999

Houston Metropolitan Medical Associates  
11595 South Wilcrest  
Houston, TX 77099  
281-495-8710

## ***77200 .....***

University of Texas Health Science Center  
P.O. Box 20036  
Houston, TX 77225  
713-500-4472

St. Luke's Episcopal Hospital and  
the Texas Heart Institute  
P.O. Box 20269  
Houston, TX 77225-0269  
713-791-2011

Texas Children's Hospital  
Radiation Safety Office 3-261  
P.O. Box 20269  
Houston, TX 77225-0269  
713-791-3141

Lacayo, Humberto J., MD PA  
P.O. Box 38969  
Houston, TX 77238-8969  
713-691-7490

Red Oak Diagnostics Incorporated  
P.O. Box 73105  
Houston, TX 77273-3105  
281-586-9510

## ***77300 .....***

CHCA Conroe LP  
504 Medical Center Boulevard  
Columbia Conroe Regional Medical Center  
Radiation Oncology Center  
Conroe, TX 77304  
936-539-1111

Conroe Hospital Corporation  
504 Medical Center Boulevard  
Conroe, TX 77304  
936-539-7026

Sadler Clinic Association  
508 Medical Center Boulevard  
Conroe, TX 77304  
936-756-6631

Women's Healthcare Imaging Center  
800 Riverwood Court  
Conroe, TX 77304  
936-539-2323

Choksi, Ulupi A., MD PA  
18955 Memorial North, Suite 160  
Humble, TX 77338  
281-319-5400

Phelan, James A., MD  
2325-B Timber Shadow Drive  
Kingwood, TX 77339  
281-359-4455

Tomball Regional Hospital  
605 Holderrieth  
Tomball, TX 77375  
281-351-3727

Michael, Doris A., MD  
920 Medical Drive, Suite 550  
The Woodlands, TX 77380-3259  
281-681-0616

**77400.....**

Mammography & Ultrasound Specialists  
6800 West Loop South, Suite 540  
Bellaire, TX 77401  
713-668-7481

Hotze Health & Wellness Center  
20214 Braidwood, Suite 215  
Katy, TX 77450  
281-579-3600

Skeletal Diagnostics of Sealy  
526 Ward Street, Suite 135  
Sealy, TX 77474-2636  
979-885-6200

MSCH Health Center Sugar Land  
Radiology Department  
1211 Hwy 6  
Sugar Land, TX 77478  
713-276-2090

Fort Bend Imaging  
14835 Southwest Freeway  
Sugar Land, TX 77478  
713-242-5800

Sweetwater Medical Associates  
16651 Southwest Freeway, Suite 100  
Sugar Land, TX 77479  
281-494-4900

South Texas Medical Clinics PA  
2100 Regional Medical Drive  
Wharton, TX 77488  
979-532-1700

Smith, James R., MD  
511 South Gordon Street  
Alvin, TX 77511  
713-331-0333

Jacinto Medical Corporation  
407 West Baker Road, Suite T  
Baytown, TX 77521  
713-427-3700

Lake Houston Family Practice  
5911 FM 2100  
Crosby, TX 77532  
281-446-1517

Deer Park Family Clinic PA  
1920 Center Street  
Deer Park, TX 77536  
281-479-5941

Ob-Gyn Specialists  
517 University  
Galveston, TX 77550  
409-763-5703

Shriners Hospital for Crippled Children  
Burns Institute Galveston Unit Administrator  
815 Market Street  
Galveston, TX 77550-2725  
409-770-6925

University Of Texas Medical Branch  
The Office of Environmental Health & Safety  
301 University, Suite G103  
Microbiology Bldg.  
Galveston, TX 77555-0633  
409-772-4191

Family Practice PA  
P.O. Drawer 28  
Hitchcock, TX 77563  
409-986-5521

Amin, Alkesh C., MD  
106 Circle Way  
Lake Jackson, TX 77566  
979-297-8911

Dalal, Raj, MD  
135 Oyster Creek Drive, Suite F  
Lake Jackson, TX 77566  
979-285-0007

**77500 .....**

Pineda, Ramon, MD PA  
908 East Southmore, Suite 300  
Pasadena, TX 77502  
713-472-2700

River Oaks Imaging and Diagnostic  
3620 Spencer Highway  
Pasadena, TX 77504  
713-948-8902

Waller, Philip A., MD  
4102 Woodlawn, Suite 230  
Pasadena, TX 77504  
713-947-6312

# **Bone Mineral Density Testing Locations**

## ***By ZIP Code***

Liberty Medical Surgical Clinic  
720 Travis Street  
Liberty, TX 77575  
936-336-6439

Crystal Woman Foundation  
1908 Hialiah, Suite C  
Seabrook, TX 77586  
713-681-2026

CHCA Mainland LP  
6801 Emmet F. Lowry Expressway  
Texas City, TX 77591  
409-938-5000

Columbia Clear Lake Regional Medical Center  
Department of Radiation/Radiology  
500 Medical Center Boulevard  
Webster, TX 77598  
281-338-3250

Clear Lake Orthopedics PA  
520 Blossom  
Webster, TX 77598  
281-332-9537

Rao, Nagamani, MD PA  
400 Medical Center Boulevard, Suite 103-B  
Webster, TX 77598  
281-332-3800

Allergy Asthma Arthritis and Pain Center  
617 Cole Street  
Webster, TX 77598  
281-338-6509

## **77600 .....**

Port Arthur Medical Clinic Nederland  
1300 Franklin Avenue  
Nederland, TX 77627  
409-722-3437

Andreini, Paul H., MD  
2300 Hwy 365, Suite 670  
Nederland, TX 77627  
409-722-6000

Orange Medical Surgical LLP  
610 Strickland Drive, Suite 200a  
Orange, TX 77630  
409-883-3201

Christus Street Mary Hospital  
3600 Gates Boulevard  
Port Arthur, TX 77640  
409-985-7431

Port Arthur Medical Clinic PA  
3787 Doctors Drive, Suite 305  
Port Arthur, TX 77642  
409-985-2581

King, Michael W., MD  
7777 Ninth Avenue, Suite C  
Port Arthur, TX 77642  
409-721-5788

Thigpen, Marsha E., MD  
8128 Ninth Avenue  
Port Arthur, TX 77642  
409-729-5629

## **77700 .....**

Health Images Inc.  
3220 Medical Center Drive  
Beaumont, TX 77701  
409-838-0011

Endocrine Clinic of Southeast Texas  
3070 College Avenue, Suite 403  
Beaumont, TX 77701  
409-835-0127

Beaumont Family Practice Associates PA  
3070 College, Suite 208  
Beaumont, TX 77701  
409-835-0554

St. Elizabeth Hospital  
2830 Calder Avenue  
Beaumont, TX 77702  
409-899-7155

Isern, Reuben, MD PA  
2965 Harrison, Suite 214  
Beaumont, TX 77702  
409-898-7172

Preventive Medicine of Southeast Texas  
2965 Harrison Avenue, Suite 218  
Beaumont, TX 77702  
409-892-2262

Baptist Hospital of Southeast Texas  
P.O. Box 1591  
Beaumont, TX 77704  
409-835-3781

Independent Primary Care Associates  
of Beaumont PA  
West End Medical Plaza  
2010 Dowlen Road  
Beaumont, TX 77706  
409-866-1910

Beaumont Bone and Joint Clinic  
3650 Laurel  
Beaumont, TX 77707  
409-838-0346

## **77800 .....**

St. Joseph Regional Health Center  
2801 Franciscan Drive  
Bryan, TX 77802  
979-776-2532

Rheumatology of Brazos Valley  
2801 East 29th Street, Suite 109  
Bryan, TX 77802  
979-774-7896

Buras, David, MD PA  
3201 University Drive East, Suite 345  
Bryan, TX 77802  
979-776-4797

Brazos Valley Women's Center  
2700 29th, Suite 330  
Bryan, TX 77802  
979-776-5602

Brenham Clinic Association PA  
600 North Park Street  
Brenham, TX 77833  
979-836-6153

## **77900 .....**

Citizens Medical Center  
2701 Hospital Drive  
Victoria, TX 77901  
361-573-9181

Victoria Hospital Corporation  
506 East San Antonio Street  
Victoria, TX 77901  
361-788-6150

O'Sullivan Referral Radiology  
1401a Victoria Station Drive  
Victoria, TX 77901  
361-572-3139

Salim, M. M., MD  
601 East San Antonio Street, Suite 401 West  
Victoria, TX 77901  
361-582-4522

Crossroads Orthopaedic PA  
115 Medical Drive, Suite 101  
Victoria, TX 77904  
361-576-1281

Healthsouth Corporation  
115 Medical Drive, Suite 107  
Victoria, TX 77904  
361-572-3213

Memorial Medical Center  
815 North Virginia  
Port Lavaca, TX 77979  
361-552-6713

## **78000 .....**

Kendall Medical Center  
117 South Saunders  
Boerne, TX 78006  
830-249-2431

McRae, Elizabeth, MD  
117 South Saunders, Suite 1  
Boerne, TX 78006  
830-249-2600

Winter Garden Specialty Center  
109 East Miller Street  
Dilley, TX 78017  
830-965-1684

Medical Arts Imaging Inc.  
212 Wesley Drive  
Kerrville, TX 78028  
830-257-4777

# **Bone Mineral Density Testing Locations**

## ***By ZIP Code***

Cardiac Rehab Inc.  
731 Hill Country Drive  
Kerrville, TX 78028  
830-257-6322

Ob/Gyn Associates PA  
1331 Bandera Highway, Suite 2  
Kerrville, TX 78028  
830-895-7755

Benavides, Oscar, MD  
Palm View Medical Center  
209 West Village Boulevard, Suite 3  
Laredo, TX 78041  
956-725-5210

Alpha Medical Care  
7350 San Diaro, Suite 261  
Laredo, TX 78041  
956-791-9111

Laredo Women's Center  
1020 East Hillside  
Laredo, TX 78041  
956-727-7303

Flores, Ildefonso, MD  
1710 East Saunders Street, Suite B-375  
Laredo, TX 78041  
956-724-1698

Mercy Hospital of Laredo  
1700 East Saunders Street  
Laredo, TX 78044-2068  
956-718-6235

## ***78100 .....***

McKenna Memorial Hospital  
600 North Union  
New Braunfels, TX 78130  
830-606-9111

Rath, Albert E. Jr., MD  
274 East Garza  
New Braunfels, TX 78130  
830-625-7714

Medical and Surgical Clinic  
1025 North Austin  
Seguin, TX 78155  
830-379-1184

## ***78200 .....***

Nix Healthcare System  
414 Navarro Street, Suite 1502  
San Antonio, TX 78205  
210-271-1883

Baptist Health System  
111 Dallas Street  
San Antonio, TX 78205-1230  
210-222-8431

Santa Rosa Health Care Hospital  
519 West Houston  
San Antonio, TX 78207  
210-228-2011

Health & Medical Research Foundation  
4900 Broadway  
San Antonio, TX 78209  
210-824-4200

Bhatia, Neera, MD  
1303 McCullough, Suite 237  
San Antonio, TX 78212  
210-222-2694

Endocrinology Nuclear Medicine Associates  
1303 McCullough, Suite 374  
San Antonio, TX 78212  
210-223-5483

Howard Family Practice Associates PA  
505 Holland  
San Antonio, TX 78212  
210-225-8904

Baptist Imaging Center  
215 East Quincy  
San Antonio, TX 78215  
210-351-0784

Kretsinger, Frank, DO PA  
519 East Quincy, Suite A  
San Antonio, TX 78215  
210-222-2105

San Antonio MFCA Limited Partnership  
608 West Sunset  
San Antonio, TX 78216  
210-829-7037

Northeast Medical Center Radiology PA  
8711 Village Drive, Suite 114  
San Antonio, TX 78217  
210-653-3122



Northeast X-ray & Osteoporosis Center  
8527 Village Drive, Suite 210  
San Antonio, TX 78217  
210-967-7403

Do Thuy Danh, MD and Associates  
1439 Southwest Military Parkway  
San Antonio, TX 78221  
210-924-6565

Valley View Enterprises  
3326 East Southcross  
San Antonio, TX 78223  
210-532-4239

Southwest Diagnostic Center PA  
P.O. Box 241000  
San Antonio, TX 78224-1000  
210-921-0902

Southwest Foundation for Biomedical Research  
7620 West Loop 410  
San Antonio, TX 78227  
210-258-9473

South Texas Radiology Group Imaging Center  
7418 John Smith, Suite 103  
San Antonio, TX 78229  
210-616-7750

Miller, Alfred, MD  
Oak Hills Medical Building  
7711 Louis Pasteur Drive, Suite 906  
San Antonio, TX 78229  
210-614-2821

South Texas Orthopaedic and Fracture Clinic PA  
8255 Fredericksburg Road  
San Antonio, TX 78229  
210-615-8292

Miller, Sam S., MD  
7711 Louis Pasteur, Suite 300  
San Antonio, TX 78229  
210-614-2700

Diabetes and Glandular Disease Clinic PA  
8042 Wurzbach, Suite 420  
San Antonio, TX 78229  
210-614-8612

Britt, Carey L., MD  
2829 Babcock, Suite 129  
San Antonio, TX 78229  
210-616-0718

San Antonio Preventive & Diagnostic Medicine  
8401 Datapoint, Suite 401  
San Antonio, TX 78229  
210-949-2200

San Pedro North Chiropractic Center  
1006 Central Parkway South  
San Antonio, TX 78232  
210-490-9169

Rutstein, Joel, MD PA  
10130 Huebner Road  
San Antonio, TX 78240  
210-690-8067

Alamo City Imaging  
5440 Babcock, Suite 130  
San Antonio, TX 78240  
210-641-1500

Imed Internal Medicine PA  
540 Oak Centre Drive, Suite 240  
San Antonio, TX 78258  
210-404-0000

Advanced Imaging Services Inc.  
P.O. Box 380552  
San Antonio, TX 78280-0552  
210-684-0552

University of Texas Health Science Center  
Institutional Safety  
7703 Floyd Curl Drive  
San Antonio, TX 78284-7928  
210-567-2955

## **78300 .....**

South Texas Center for Orthopaedics  
71 North Wright Street  
Alice, TX 78332  
361-668-9303

Alice Women's Center  
313 East First Street  
Alice, TX 78332  
361-668-3772

Alice Internal Medicine Center  
1708 East Main  
Alice, TX 78332  
361-664-8161

# **Bone Mineral Density Testing Locations**

## ***By ZIP Code***

Internal Medicine Diagnostic Clinic  
1044 East Front Street  
Alice, TX 78332  
361-664-0202

Spohn Kleberg Memorial Hospital  
1311 General Cavazos Boulevard  
Kingsville, TX 78363  
361-595-9764

Bruschetta, Humberto R., MD  
500 East Caesar  
Kingsville, TX 78363  
361-516-0097

Ugarte Family Medical Clinic  
P.O. Box 1557  
Kingsville, TX 78363  
361-592-5101

## **78400 .....**

El-Milady, Nabil, MD  
3262 South Alameda  
Corpus Christi, TX 78404  
361-883-6030

Gulf Coast Medical Clinic  
613 Elizabeth Street, Suite 701  
Corpus Christi, TX 78404  
361-888-4257

South Texas Pulmonary and Critical Care  
2601 Hospital Boulevard, Suite 220  
Corpus Christi, TX 78405  
361-884-2687

Villarreal, J. A., MD  
13725 FM Road 624, Suite 4  
Corpus Christi, TX 78410  
361-387-7177

Associates in Corpus Christi Family Practice  
3301 South Alameda, Suite 201  
Corpus Christi, TX 78411  
361-857-2900

Guinn, A. Lee, MD PA  
3301 South Alameda, Suite 102  
Corpus Christi, TX 78411  
361-225-0800

Adult Medicine Associates  
601 Texan Trail, Suite 209  
Corpus Christi, TX 78411  
361-225-2255

Thomas Spann Clinic PA  
7121 South Padre Island Drive, Suite 300  
Corpus Christi, TX 78412  
361-696-6190

Bay Area Health Care Group LTD  
7101 South Padre Island Drive  
Corpus Christi, TX 78412  
361-985-3600

Coastal Bend Women's Center  
7121 South Padre Island Drive, Suite 200  
Corpus Christi, TX 78412  
361-993-6000

The Bone Center Obstetrical & Gynecological  
5920 Saratoga Boulevard, Suite 200  
Corpus Christi, TX 78414  
361-994-5454

Radiology Solutions LLC  
7629 Bay Drive  
Corpus Christi, TX 78414  
361-994-7226

Corpus Christi Radiology Center Inc.  
P.O. Box 6309  
Corpus Christi, TX 78466-6309  
361-855-5382

## **78500 .....**

Radiology Associates of McAllen PA  
1200 South Second Street, Suite 2B  
McAllen, TX 78501  
956-686-0507

Sanchez, Manuel J., MD PA  
501 North Ware Road  
McAllen, TX 78501  
956-688-0044

Bay, Luis P., MD  
P.O. Box 3350  
McAllen, TX 78501  
956-687-8916

Valley Internal Medicine Diabetic and  
Geriatric Center  
1400 South Sixth Street, Suite 201  
McAllen, TX 78501  
956-631-3982

Southern Bone and Joint Center Assoc.  
P.O. Box 6209  
McAllen, TX 78502  
956-687-2032

McAllen Medical Center  
301 West Expressway 83  
McAllen, TX 78503  
956-632-4000

Glazer, Brian, MD  
110 East Savannah, Building B, Suite 202  
McAllen, TX 78503  
956-686-7611

Landrum-Chester Ob/Gyn Associates  
222 East Ridge Road, Suite 216  
McAllen, TX 78503  
956-686-6588

Alberto, Francis, MD PA  
1801 South Fifth Street, Suite 206  
McAllen, TX 78503  
956-618-2888

McAllen Primary Care Associates  
109 East Toronto, Suite 300  
McAllen, TX 78503  
956-686-4040

Northside Family Medical Center  
5128 North 10th Street  
McAllen, TX 78504  
956-631-3831

Renaissance Orthopedics PA  
512 East Dove  
McAllen, TX 78504  
956-399-1516

Arrazola, Pedro M., MD PA  
5114 North 10th Street  
McAllen, TX 78504  
956-618-5555

Ami Brownsville Medical Center  
1040 West Jefferson  
Brownsville, TX 78520  
956-544-1478

Lenz, Paul A., MD  
2300 Central Boulevard  
Brownsville, TX 78520  
956-544-6111

Martinez, Dagoberto, MD PA  
1076 Los Ebanos Boulevard  
Brownsville, TX 78520  
956-546-3300

Clinica Santa Maria  
1076 Los Ebanos Boulevard  
Brownsville, TX 78520  
956-550-9229

Price Village Family Medical Clinic  
625 East Price Road  
Brownsville, TX 78521  
956-831-9353

Brownsville Medical Associates  
95 East Price Road, Building D, Suite B  
Brownsville, TX 78521  
956-546-3116

Pelly, Lorenzo R., MD  
P.O. Box 3190  
Brownsville, TX 78523  
956-544-3226

Pena, Jose F., MD  
201 North Main Street  
Donna, TX 78537  
956-464-2402

Orthopedic Surgery Center  
2402 Cornerstone Boulevard  
Edinburg, TX 78539  
956-318-3005

Inigo, Marisa C., MD  
521 South 12th Street  
Edinburg, TX 78539  
956-631-0344

Edinburg Women's Center  
4302 South Sugar Road, Suite 200  
Edinburg, TX 78539  
956-383-4988

Edinburg Ob/Gyn & Infertility Clinic PA  
910 South Closner  
Edinburg, TX 78539  
956-380-3441

# **Bone Mineral Density Testing Locations**

## ***By ZIP Code***

Cortes, Oscar, MD  
1615 South Closner, Suite D  
Edinburg, TX 78539  
956-381-9854

McAllen Arthritis & Osteoporosis Center  
2215 Cornerstone Boulevard  
Edinburg, TX 78539  
956-664-1400

Valley Diagnostic Clinic PA  
2200 Haine Drive  
Harlingen, TX 78550  
956-421-5169

Internal Medicine Associates  
1713 Treasure Hills Boulevard, Suite 2D  
Harlingen, TX 78550  
956-425-4982

Torkildsen, William H., MD  
1901 Ed Carey Drive  
Harlingen, TX 78550  
956-421-2757

Rio Grande Valley Imaging Center  
501B Ed Carey Drive  
Harlingen, TX 78550  
956-440-8900

Ferris, John A., MD  
1706 Ed Carey Drive  
Harlingen, TX 78550  
956-423-1505

Hinojosa, Rolando, MD  
2112 Griffin Parkway  
Mission, TX 78572  
956-581-6366

St. Marie Clinic Mission Night Clinic  
305 East US Expressway 83  
Mission, TX 78572  
956-585-7401

Mission Adult and Senior Care Center  
2020 East Griffin Parkway  
Mission, TX 78572  
956-581-2770

Family Health Center of Mission  
1920 East Griffin Parkway  
Mission, TX 78572  
956-584-3353

South Texas Imaging Center  
909 Business Park Drive, Suite 4  
Mission, TX 78572  
956-581-9729

Osio, Armando, MD  
1104 West Sam Houston, Suite B  
Pharr, TX 78577  
956-781-7725

Hernandez, Jaime, MD PA  
524 South Cage Avenue, Suite F  
Pharr, TX 78577  
956-787-3822

Fernandez, Jose R., MD PA  
1002 West Sam Houston, Suite 5  
Pharr, TX 78577  
956-782-4002

Kristensen, John W., MD and Smith, Albert L.  
165 South Sixth Street  
Raymondville, TX 78580  
956-689-5506

Mussett, Raymond P., MD PLLC  
P.O. Box 1120  
Roma, TX 78584  
956-849-2176

Krishnan, Gopai, MD and Associates  
1331 East Sixth Street  
Weslaco, TX 78596  
956-969-9731

Weslaco Family Care Center  
909 South Airport  
Weslaco, TX 78596  
956-968-0560

Gonzalez, Gabriel C., MD  
1330 East Sixth, Suite 101  
Weslaco, TX 78596  
956-968-7527

Harlingen Obstetrics & Gynecology  
Associates PA  
801 South Airport Drive  
Weslaco, TX 78596  
956-968-3230

McDougal, Pedro E., MD  
909 South James Street, Suite C  
Weslaco, TX 78596  
956-968-1621

# **Bone Mineral Density Testing Locations**

## ***By ZIP Code***

McMullen, Douglas N., MD PA  
2301 West North Loop  
Austin, TX 78756  
512-452-2506

North Austin Medical Center  
St. David's Health Care Partnership  
12221 Mopac Expressway North  
Austin, TX 78758-5075  
512-901-1353

Austin Radiological Associates  
P.O. Box 4099  
Austin, TX 78765  
512-795-5100

St. David's Medical Center  
St. David's Health Care Partnership  
3000 North IH-35  
Austin, TX 78705  
512-404-8800

## **78800 .....**

Sosa, Isaac, MD  
121 West South Street  
Uvalde, TX 78801  
830-278-6265

Gutierrez, Alfredo Jr., MD  
612 Bedell Avenue, Suite D  
Del Rio, TX 78840  
830-775-3597

Saint Mary's Clinic LP  
607 Rio Grande Street  
Eagle Pass, TX 78852  
830-773-5160

Women & Family Care  
1089-B Del Rio Boulevard  
Eagle Pass, TX 78852  
830-758-1228

Fort Duncan Medical Center  
350 South Adams  
Eagle Pass, TX 78852-5148  
830-757-7583

## **78900 .....**

Youens and Duchicela Clinic  
105 North Grohmann  
Weimar, TX 78962  
979-725-8545

## **79000 .....**

Parmer County Community Hospital Inc.  
1307 Cleveland Avenue  
Friona, TX 79035  
806-274-2754

Family Medicine Center of Pampa PLLC  
3023 Perryton Parkway, Suite 101  
Pampa, TX 79065  
806-665-0801

Pampa Heart and Imaging  
104 East 30th  
Pampa, TX 79065  
806-665-1956

Ochiltree Hospital District  
3101 Garrett Drive  
Perryton, TX 79070  
806-435-3606

Garvish, John F., MD  
2404 Yonkers, Suite 4  
Plainview, TX 79072  
806-293-4231

Collingsworth General Hospital  
P.O. Box 1112  
Wellington, TX 79095  
806-447-2521

## **79100 .....**

Internal Medicine LLP  
11th Medical Drive  
Amarillo, TX 79106  
806-355-9741

Coulter Imaging Center LLC  
1900 South Coulter, Suite N  
Amarillo, TX 79106  
806-358-7149

Amarillo Medical Specialists LLP  
1900 South Coulter, Suite E  
Amarillo, TX 79106  
806-358-8331

Texas Diagnostic Imaging Center  
1000 South Coulter  
Amarillo, TX 79106  
806-358-1010

Amarillo Ob/Gyn Associates LLP  
1600 Coulter, Suite B212  
Amarillo, TX 79106  
806-463-7711

Amarillo Diagnostic Clinic  
6700 West Ninth at Quail Creek  
Amarillo, TX 79106-1701  
806-358-3171

Amarillo Family Physicians Clinic PA  
6842 Plum Creek Drive  
Amarillo, TX 79124  
806-359-4701

Stenhouse, Andrew C., MD PA  
P.O. Box 50188  
Amarillo, TX 79159  
806-353-7417

Northwest Texas Healthcare System  
1501 Coulter Road  
Amarillo, TX 79175  
806-354-1000

## **79200 .....**

Childress Regional Medical Center  
Highway 83 North, Box 1030  
Childress, TX 79201  
806-937-6371

## **79300 .....**

Brownfield Regional Medical Center  
705 East Felt  
Brownfield, TX 79316  
806-637-3551

Lamb County Medical Associates LLP  
1600 South Sunset Avenue  
Littlefield, TX 79339  
806-385-6424

## **79400 .....**

University Medical Center  
P.O. Box 5980  
Lubbock, TX 79408-5980  
806-743-3111

Lubbock Radiology Associates  
3707 21st Street  
Lubbock, TX 79410  
806-792-2354

Medical X-ray Services  
3601 21st Street  
Lubbock, TX 79410  
806-792-6796

Lubbock Diagnostic Clinic X-ray  
3506 21st Street  
Lubbock, TX 79410  
806-788-8036

Covenant Health System Treatment Center  
4101 22nd Place  
Lubbock, TX 79410  
806-796-4700

Women's Health Source PA  
6816 Slide Road, Suite 13  
Lubbock, TX 79424  
806-698-8910

Texas Tech University Health Sciences  
3601 Fourth Street, Room BA120  
Lubbock, TX 79430-0001  
806-743-2597

## **79500 .....**

Hamlin Memorial Hospital  
632 NW Second  
Hamlin, TX 79520  
915-576-3646

Rolling Plains Physicians Offices PLLC  
201 East Arizona  
Sweetwater, TX 79556  
915-235-8641

# **Bone Mineral Density Testing Locations**

## ***By ZIP Code***

### **79600 .....**

Medical and Surgical X-ray  
1801 Hickory  
Abilene, TX 79601  
915-677-6227

Reinmund, Richard E., MD PA  
1150 North 18th, Suite 402  
Abilene, TX 79601  
915-672-3214

Southwestern Health Development Corp.  
1242 North 19th Street  
Abilene, TX 79601-2316  
915-670-2101

NC SCHI Inc.  
6250 Hwy 83 84 at Antilley Road  
Abilene, TX 79606  
915-691-2440

Abilene Diagnostic Clinic Associates PLLC  
1665 Antilley Road, Suite 200  
Abilene, TX 79606  
915-695-8700

Diagnostic Management Group LLC  
4400 Buffalo Gap Road, Suite 5850  
Abilene, TX 79606  
915-692-6988

Family Practice Association  
35 Windmill Circle  
Abilene, TX 79606  
915-698-4992

### **79700 .....**

Arthritis and Osteoporosis Center  
2301 West Michigan  
Midland, TX 79701  
915-684-0941

Premier Family Care 1 Inc.  
316 Secor  
Midland, TX 79701  
915-580-5036

Burns, Elvira C., MD  
2102 West Tennessee  
Midland, TX 79701  
915-686-0133

Midland Women's Clinic  
4214 Andrews Highway, Suite 200  
Midland, TX 79703  
915-682-7541

Midland Orthopedic Clinic Inc  
10 Desta Drive, Suite 100E  
Midland, TX 79705  
915-686-0321

DCSW PA  
10 Desta Drive, Suite 190  
Midland, TX 79705  
915-686-0000

Medical Center Hospital  
500 West Fourth Street  
Odessa, TX 79761  
915-333-7111

West Texas Imaging Center  
P.O. Box 4813  
Odessa, TX 79761  
915-335-8400

West Texas Diabetes and Endocrine Center  
318 North Alleghaney, Suite 300  
Odessa, TX 79761  
915-332-1144

Lively, Charles A., MD PA  
608 North Muskingum  
Odessa, TX 79761  
915-580-9168

Libson, David E., MD  
421 East Seventh Street  
Odessa, TX 79761  
915-336-2900

Women and Children's Clinic Laboratory  
1509 North Texas Avenue  
Odessa, TX 79761-2612  
915-337-8801

### **79800 .....**

Pearce, Clifton R., MD PA  
708 East Brown  
Alpine, TX 79830  
915-837-3433

**79900 .....**

Providence Memorial Hospital  
2001 North Oregon Street  
El Paso, TX 79902  
915-577-6701

El Paso Orthopedic Surgery Group  
1720 Murchison  
El Paso, TX 79902  
915-533-7465

Southwestern Ultrasound Incorporated  
1800 North Mesa  
El Paso, TX 79902  
915-577-0100

Armendariz, Rafael, DO PA  
3329 Montana  
El Paso, TX 79903  
915-562-7101

Paisano Clinical Laboratories Inc.  
5301 Alameda Avenue  
El Paso, TX 79905  
915-778-9811

Physicians Healthcare Associates PA  
7100 Westwind, Suite 130  
El Paso, TX 79912  
915-591-4436

El Paso Integrated Physicians Group  
P.O. Box 3157  
El Paso, TX 79923-3157  
915-544-0326

Thomas, John P., MD  
9999 Kenworthy Street, Suite A  
El Paso, TX 79924  
915-751-7773

Community Medical Clinic PA  
9955 Dyer Street  
El Paso, TX 79924  
915-751-1249

E P Premier Medical Group  
6065 Montana Avenue, Suite A2  
El Paso, TX 79925  
915-533-2575

Pinzon, Guillermo A., MD  
10201 Gateway West, Suite 130  
El Paso, TX 79925  
915-592-7662





Osteoporosis Awareness and Education Program  
Texas Department of Health  
1100 West 49th Street  
Austin, Texas 78756-3199  
(512) 458-7534 or (800) 242-3399  
fax: (512) 458-7254  
<http://www.tdh.state.tx.us/osp/osteo>